

# The Rise of Generative AI

## *Quick recap*

Eben discussed the potential of Bitcoin and blockchain technology, recommending investing a portion of net worth and cautioning against spending too much time on it. He also highlighted the emergence of generative AI and its potential applications, such as generating new ideas, names, and recipes. Finally, Eben emphasized the significance of relationships in personal and professional lives, urging participants to pay attention to these individuals, especially those with whom they have experienced disconnect or conflict.

## *Summary*

### **Eben's Insights on Bitcoin and Blockchain Technology**

Eben shared his experiences and insights about Bitcoin and blockchain technology, emphasizing the security, global accessibility, divisibility, and potential for large transactions of Bitcoin. He recommended investing a percentage of net worth in cryptocurrency and urged caution against spending too much time on it. Eben also suggested reading "The Bitcoin Standard" by Saifedean Ammous to gain deeper insights into Austrian economics and Bitcoin's reliability. He highlighted the potential intersection of blockchain, AI, and virtual reality, predicting future developments to be astonishing and shocking.

### **Emergence of Generative AI and Life Integration**

Eben discussed the emergence of generative AI, a new kind of artificial intelligence that is more intelligent than most people realize and should be treated as a new technology. He emphasized its potential applications, such as generating new ideas, names, and recipes, and its significance in interaction with higher forms of consciousness. Eben shared his personal experience of neglecting prompts about important aspects of his life, particularly his physical health, and urged others to pay more attention to their wellbeing. He also discussed the purpose of the live classes in upgrade, which is to integrate different areas of life. Eben concluded by stating that this tool will eventually be accessible in VR.

## **Relationship Listing and Future Connections**

Eben instructed the participants to make a list of their most important relationships, noting any conflicts or difficulties they might be experiencing with these individuals. He then asked them to create a separate list of people they would like to establish relationships with in the future. Eben stressed the importance of these relationships in their personal and professional lives and urged the participants to pay attention to these individuals, especially those with whom they have experienced disconnect or conflict.

## **Personal Matters and Technical Support**

Eben and N discussed N's personal matter concerning her adoption and the recent death of her birth mother. N shared her attempts to connect with her half-siblings and plans to write them a letter. Eben offered support and shared a thoughtful letter he'd written to someone he'd recently discovered he shared a birth mother with. They agreed on the importance of sincerity, respect, and clarity in the letter. Eben also helped Janet with a technical issue.

## **Trash Pickup Dispute and Emotional Guidance Strategies**

Janet had a dispute with a new neighbor about the placement of trash cans for pickup. Eben suggested a solution that emphasized empathy, understanding, and open dialogue. The strategy included explaining the trash pickup guidelines, suggesting a meeting to show the correct placement, and maintaining a positive tone throughout the communication. If the issue persists, Eben suggested involving the Homeowners Association or seeking advice from other neighbors. Janet shared her thoughts on the potential of using AI for emotional guidance and acknowledged her need to improve her communication and control skills. Eben then summarized Janet's statements, suggesting strategies to enhance emotional control and communication skills, such as practicing mindfulness, deep breathing, and assertiveness.

## **AI Coaching and Relationship Advice**

Janet expressed her relief at the opportunity for a productive discussion. Eben shared a quote from Manny about the value of having options in problem-solving, which Janet agreed with. Bill mentioned the use of AI in one-on-one coaching, which Eben confirmed was being implemented in their current meeting. Eben then assigned a homework exercise for the group to ask for advice on their most important relationship issue, focusing on the process rather than the form of the prompt. Participants were asked to share their insights from this exercise in the chat in 5 minutes. Eben facilitated a

discussion about learning and coping techniques, followed by a group exercise where participants were divided into three to coach each other through challenging situations or opportunities. Eben stressed the importance of accepting situations as they are and reminded everyone to continue watching their sessions every day.

